

ROAD TO POLIMIRUN
TRAINING SCHEDULE
MEDIUM LEVEL (RACE TIME=45'-55')

	1 ST WEEKLY WORKOUT			TTW	2 ND WEEKLY WORKOUT			TTW	3 RD WEEKLY WORKOUT			TTW	DATES	
1 [^] WEEK	30' R			30	20' SL	8'SR	2' SH	30	30' R			30	03/03-09/03	M A R C H
2 [^] WEEK	33' R			33	5' SL	(1' SH + 2' SL) x 10 T		35	33' R			33	10/03-16/03	
3 [^] WEEK	10' SL	10 x 200 m rest: 2'	5' SL	45	36' R			36	20'SL	12'SR	3'SH	35	17/03-23/03	
4 [^] WEEK	40' R			40	25' SL	10'SR	3'SH	38	40' R			40	24/03-30/03	
5 [^] WEEK	42' R			42	5' SL	(2' SH + 4' SL) x 6 T		41	42' R			42	31/03-06/04	A P R I L
6 [^] WEEK	10' SL	10 x 400 m rest: 2'	5' SL	55	35' R			35	45' R			45	07/04-13/04	
7 [^] WEEK	25' SL	15' SR	5' SH	45	48' R			48	20' SL	20' SR	5' SH	45	14/04-20/04	
8 [^] WEEK	52' R			52	5' SL	(2' SH + 3' SL) x 8 T		45	40' SR			40	21/04-27/04	
9 [^] WEEK	10' SL	6 x 800 m rest: 3'	5' SL	57	52' R			52	20' SL	25'SR	5' SH	50	28/04-04/05	M A Y
10 [^] WEEK	45' R			45	5' SL	(2' SH + 2' SL) x 10 T		45	55' R			55	05/05-11/05	
11 [^] WEEK	10' SL	5 x 1200 m rest: 4'	5' SL	65	50' R			50	60' R			60	12/05-18/05	
12 [^] WEEK	15' SL	30'SR	5' SH	50	REST DAY				POLIMIRUN				19/05-25/05	

W=walk | **R**=run with time goal

SL=low speed (under speed race)

SH=high speed (over speed race)

T=times

SR=speed race

TTW= total time workout